HOUSTON CHAPTER
of the
NATIONAL BLACK WOMEN'S
HEALTH PROJECT

Invites you to participate in our

1999 Walking for Wellness Program

with monthly walks held:

When: 1st Saturday of each month
Where: Marvin Taylor Exercise Trail
(Hermann Park)
Time: 7:30 a.m.

Monthly membership meetings will immediately follow the walks at 9:00 a.m. in the Judson Robinson Recreation Center located within walking distance of the trail. Juice, water and fruit will be available during the meeting.

The National Black Women's Health Project is committed to the physical, emotional and spiritual well being of Black Women. Please join us to find out more about the group and how it can support you with your wellness goals, membership benefits and planned activities for 1999.

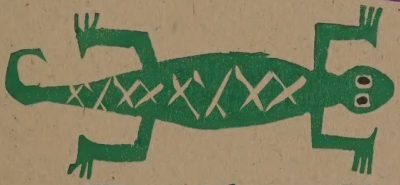
For information, call 713/451-9083.

THE NATIONAL BLACK WOMEN'S HEALTH PROJECT®

American Heart Association®
Fighting Heart Disease and Stroke

Walking For Wellness

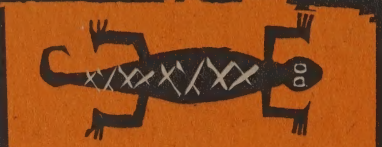
Protecting Hearts, Saving Lives.℠



TEXAS SOUTHERN UNIVERSITY
3100 CLEBURNE, HOUSTON, TX

SAT, MAY 1, 1999
REGISTRATION - 7:30AM
WALK START TIME - 8:30AM

TEL 713-610-5063 FAX 713-610-5232



Something for Every Body

Good health starts with good information you can use right now. That's why at Walking For Wellness: Protecting Hearts, Saving Lives you'll receive free health information on a wide range of topics, plus free health checks including:

- blood pressure screening
- cholesterol testing
- blood glucose testing

This information could save your life. Or it could be the start of a healthier you. In addition, you and the people you care about will learn about heart and blood vessel diseases and how to reduce your risk by eating more healthful foods, controlling high blood pressure and enjoying physical activity. You can choose from a wide variety of activities including:

- a 1-3 mile walk
- health seminars
- local entertainment
- entertainment for kids

By participating, you'll also receive an easy-to-use Personal Wellness Record complete with information on a variety of health topics and logs to record the results of your health screenings. You'll also get a log to keep track of your weekly physical activity.

Did You Know...?

Heart and blood vessel diseases are the No. 1 killer of American women. Black women, in particular, are at very high risk of high blood pressure, obesity, heart attack and stroke. The good news is that these and many other diseases are, in part, preventable. You can reduce your risk, but you need to take steps now, before a serious problem develops.

WALKING FOR WELLNESS: PROTECTING HEARTS, SAVING LIVES

TEAM LEADER REGISTRATION FORM

Yes, I will be a Team Leader

Name _____

Address _____

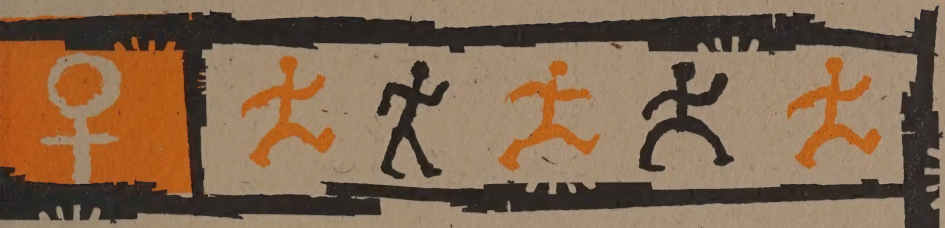
Phone Number _____

Fax Number _____

Organization _____

American Heart Association
1415 LaConcha
Houston, Texas 77054
Attn: Angela Broussard
(713) 610-5063
(713) 610-5232 (FAX)

**Upon receipt of your Team Leader confirmation, we will send you information on the Team Leaders Pre-Event Kick-Off Reception.*



Sounds Great, But...

If you're like a lot of women, you'd love to improve your health. But with family, work and other demands on your time, you don't know how to start. We understand. That's why we've organized Walking For Wellness: Protecting Hearts, Saving Lives. If you don't know where to start, start here.

What's *Walking For Wellness: Protecting Hearts, Saving Lives*?

It's a fun, free, non-threatening community-based event to help African-American women like you and your family members get the health information you need to reduce your risk of heart disease, stroke and other diseases. The event kickoff is a walk that promotes physical activity. Families, friends, churches, schools, businesses and other organizations all will benefit from (and enjoy!) this event.

About the American Heart Association

The American Heart Association was founded in 1924 and is a national not-for-profit voluntary health organization dedicated to reducing disability and death from cardiovascular diseases and stroke. To accomplish this, the AHA funds research, conducts public education and community service programs and sponsors professional development meetings and seminars. In all of its activities, the AHA's main thrust is on prevention. To learn more, contact your nearest American Heart Association or call 1-800-AHA-USA1 (1-800-242-8721).

About the National Black Women's Health Project

The National Black Women's Health Project (NBWHP), headquartered in Washington, D.C., was founded in 1981 by health activist Byllye Avery. It has grown to become a national and international self-help and health advocacy organization committed to improving the health of black women. For the past decade, the NBWHP has used a self-help/empowerment model as the basis for its wellness programs. For more information or to become a member, call the NBWHP at (202) 835-0117.

Proud Sponsors of Walking For Wellness: Protecting Hearts, Saving Lives

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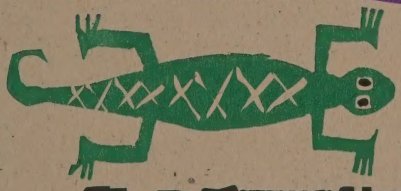

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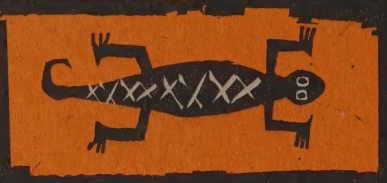

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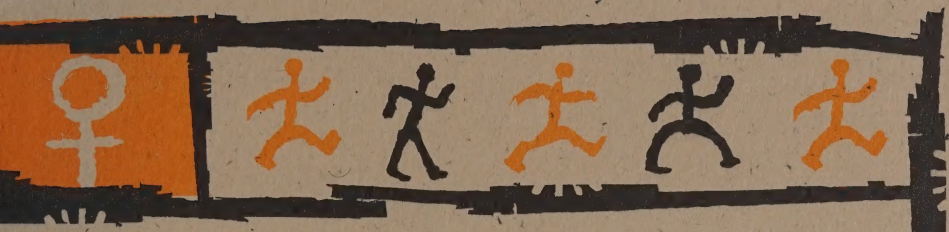

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